

## *Bullying Prevention Month, October 2011 : Tips for Students*

SAT/SUN	MON	TUE	WED	THU	FRI
<b>1 / 2</b> WEEK 1: Tips for when you see bullying (bystanders)	<b>3</b> If you see something, say something.	<b>4</b> Don't join in on bullying, and don't watch.	<b>5</b> Be a friend to the person who is being bullied.	<b>6</b> Role play speaking up when you see bullying.	<b>7</b> Follow this week's tips to <b>lead by example.</b>
<b>8 / 9</b> WEEK 2: Tips for when you are being bullied	<b>10</b> Remember that it's not your fault.	<b>11</b> If possible, stick together with friends who make you feel better.	<b>12</b> Do not bully back or bully anyone else.	<b>13</b> Keep doing what you love to do.	<b>14</b> Follow this week's tips to <b>make your school friendly and safe.</b>
<b>15 / 16</b> WEEK 3: Tips for when you are bullying others	<b>17</b> Anyone can be a bully - ask an adult for help stopping.	<b>18</b> Don't join in when friends or others are bullying.	<b>19</b> Decide to stop bullying and tell people you care.	<b>20</b> Remember that words hurt too.	<b>21</b> Follow this week's tips to <b>help instead of hurt.</b>
<b>22 / 23</b> WEEK 4: Tips for preventing and addressing cyber bullying	<b>24</b> Be respectful. Cyberspace has no privacy or take-backs.	<b>25</b> If you see cyber bullying, save the evidence.	<b>26</b> Try not to respond to cyber bullying. If you do, be careful.	<b>27</b> Don't join in, don't forward harmful messages.	<b>28</b> Follow this week's tips to <b>keep safe &amp; friendly, online and on phones.</b>
<b>22 / 23</b> WEEK 4 (alt.): Tips to show others respect and appreciation	<b>24</b> Always be kind and make everyone feel welcome.	<b>25</b> Remember that sometimes, laughter hurts others.	<b>26</b> Don't use nicknames that hurt feelings.	<b>27</b> Don't say someone can't do things because he or she is a boy or girl.	<b>28</b> Follow this week's tips to <b>treat your classmates well.</b>